

City of Lakes City of Yoga...



The district-level function of International Yoga Day was celebrated with enthusiasm at the Bhandari Darshak Mandap complex at Gandhi Ground in the city on Tuesday. In collaboration with District Administration, Ayurveda Department Udaipur, Municipal Corporation, Nagar Vikas Pranas, on the occasion of Yoga Day celebrated with International Yoga Protocol, and the common man was motivated to lead a healthy and healthy life through yoga programs across the district.

District level event was organized under the direction of Additional Director Dr. Pradyumna Kumar Rajouri, Deputy Director Dr. Ramesh Bairwa, Madan Mohan Malviya Ayurveda College District Yoga Incharge Dr. Shobhalal Audichya, Omprakash Suthar and Dr. Atul. Yoga practice is done from three platforms. District Yoga In-charge Dr. Shobhalal Audichya informed that three different platforms were set up for practicing Yoga in the district level function. Yogi Ashok Jain, Dr. Rajiv Bhatt, Dr. Iqbal Gauri, Dr. Sanjay Maheshwari, and Pritam Singh got Yoga practiced from the main stage. Yoga instructors Mrs. Prem Jain, Mrs. Sharda Jalora, Mrs. Usha Sharma, Nirmala Paliwal, Rimjhim,



Monal, and Nimita Sharma from the Women's Forum and yoga experts Mukesh Pathak, Darab Singh Baghel, Devaram Rajpurohit, Gopal Dangi, Mohan Singh Shaktawat and others from another forum. Bhavishya Audichya got Yoga practiced through various forms and asanas of Yoga. The instructors explained the method of doing Yoga and

pranayama in detail, explaining the usefulness of multiple yogasanas and pranayama for a healthy life. More than 81 thousand people did Yoga across the district. Dr. Audichya informed that on the occasion of International Yoga Day, more than 81 thousand people exposed the importance of this day by doing

Yoga in the yoga exercises conducted through different institutions across the district. Education Department, Medical Department, Municipal Corporation, Madan Mohan Malviya Ayurved Mahavidyalaya, Patanjali Yog Samiti, and other departments and institutions participated in the district-level event. He said that many mothers and chil-

dren also attended the yoga practice. Yoga practice is conducted in various departments and institutions Udaipur. On the occasion of International Yoga Day, yoga programs were organized in multiple departments, offices, institutions, and undertakings of the Udaipur district. At the same time, the common people also practiced Yoga in their homes and gardens. Yoga Day was celebrated per the protocol of International Yoga Day at the Govardhan Vilas office of the National Highways Authority of India. NHAI Project Director Lokesh Singh Rajpurohit told the engineers the importance of Yoga while practicing Yoga and advised them to adopt Yoga in their daily routine for a healthy life. On this occasion, Suryapratap Singh, Intezar Hussain, Ashish Mishra, C.S. Prasad, Arvind Singh, Kesu Solanki, Pradeep Sharma, Sanjay Sharma, DK Gopala,

Manoj Prajapati, Jitendra, Mohit Arora, etc. were present. On this occasion, a yoga program was organized at Narayanpura toll on behalf of the proper expressway. On the occasion of International Yoga Day, a yoga session was organized at Shastri Circle Post Office in the hospitality of Chief Post Master General Rajasthan Circle Jaipur Shailendra Dashora and Senior Superintendent KKBunkar. Yoga expert Jignesh Sharma gave yoga training on this occasion. Tree plantation was also done on the post office premises on this occasion. International Yoga Day was celebrated on Tuesday at Central Public School, New Bhupalpura, under the aegis of the 5 Raj Girls Battalion. 500 NCC cadets and ANOs from different schools and colleges of Udaipur participated in this program. The commanding

officer of the battalion, Col. Akhilesh Khanna, administrative officer Major Chhaya Kowal, chairperson of C.P.S., Mrs. Alka Sharma, yoga director Mrs. Savita Verma and instructor of the N.C.C. unit were present in the program. In the one-hour yoga practice session in the program, they explained the importance of various yoga activities. On the occasion of International Yoga Day, a yoga program was organized by Nehru Yuva Kendra Udaipur on the sail of Fatehsagar. In the program, Nehru Yuva Kendra State Director Shyam Singh Rajpurohit motivated the youth to regular Yoga. Gopal Vaishnav of the center highlighted the objectives of the program. Children like Kalpana Joshi, Deepak Vyas, Vinesh, Kamlesh, and Gaurav were present. Yoga teacher Khushboo Dhakad got Yoga practiced.

International Yoga Day celebrated in MPUAT



On June 21, at 6.00 am, Vice Chancellor of the University Dr. Narendra Singh Rathore and senior officers of the Council celebrated International Yoga Day by

doing Yoga under the guidance of Yoga Guru Shri Pushkar Chaudhary. While welcoming all the officers, Dr. Murtaza Ali Salida, President of the University Sports Board,

received the Honorable Vice Chancellor and Yoga Guru Shri Pushkar Chaudhary with a bouquet. In his welcome address, Dr. Salida said that the need for Yoga had become

more in today's race-filled life. Therefore, today there has been a lot of change in stress, anxiety, and functioning than before, so it becomes necessary for us to know the subtle yoga activities to stay healthy so that we can remain healthy. Vice Chancellor said in his message that International Yoga Day should be celebrated, but we have to do this activity daily with our minds and passion. Yoga is the gift of Indian culture to the world. We must do Yogasan Pranayama, but we should keep in mind our health and diseases according to the stage of age according to the body's needs; if we ignore it, then sometimes its side effects also come to the

fore. Along with Yoga, we also need to pay a lot of attention to food and drink. Describing the importance of a Guru, he said that it is necessary to have a Guru in today's context for health. Vice Chancellor Maharana Pratap University of Agriculture and Technology Dr. Narendra Singh Rathore and Yoga Guru Shri Pushkar Chaudhary, while explaining the importance of asanas to everyone on International Yoga Day, explaining the benefits of them, said that yogic activities increase our physical, flexibility, mental stress along with our health. It removes us from worry and fear. It is said that a healthy mind resides in a healthy body, and Yogasan

Pranayama is the best in keeping us healthy at all stages of age, and there is no harm from it. Experimentally, he got all the dignitaries who came to do yogic activities, such as Suryanamaskar, Kapal Bhati, Anulom-Vilom, and the protocol asanas prescribed on International Yoga Day. The yoga guru also explained the concentration of the mind with Yoga based on age and its necessary actions in corona disease, which protect the lungs from getting infected; they must be done. In the end, Dr. Murtaza Ali Salida thanked all the senior officers, members of the Council, employees, students, and students and others.

The various programs were organized to celebrate International Yoga Day under the joint aegis of B.N. University and Institute of Heartfulness Meditation Udaipur Center. Yoga program for students including N.C.C. cadet in B.N. Postgraduate College and the Heartfulness Meditation: The program was organized at B.N. Pharmacy College and B.N. Public School, the Dean of the college, Prof. Yuvraj Singh, and Dr. Seema Naruka explained the importance of Yoga Day and the importance of Yoga to remove the adverse effects of mobile screens.



Similarly, the importance of Yogasan and Pranayama was told by Dr. Kamal Singh Rathod, PRO of B.N. University and Principal Dr. Siddharaj Singh welcomed the guests and provided information about health through Yoga. Dr. Rakesh, Center Coordinator of Heartfulness Institute in both the colleges. Dashora got the practice of meditation yoga. On this occasion, Kapil Meena on behalf of the institute and Dr. Renu Rathod, Dr. Um Singh, and Dr. Sur, Dean of Science, on behalf of the university. Javier Singh Solanki, Dr. Gajendra Singh Chauhan, Dr. Hariom Singh, Dr. Shailja Ranawat, Dr. Ram Singh Sarangdevot, Marudhar Rathod, etc. Dignitaries were present. Professor NB Singh, President of the University, appealed the most on World Yoga Day that it should be done regularly. And registrar Parbat Singh Rathod stressed the need for classes for Yoga and meditation on the B.N. campus for all students and staff during the month and called for its implementation.

School teachers do Yoga with students

St. Anthony organized a yoga camp on 8th World Yoga Day. On this occasion, apart from the school principal, Vice Principal J.C. D'Souza, all the guardians, including many dignitaries, were present. Media in-charge Vikas Sahu said that on the occasion of Yoga Day, various asanas and yoga activities were performed by the students and teachers of the school in the morning under the guidance of the school principal William D'Souza. Sahu told that school yoga teacher Usha Sharma was appraised about various asanas, including Surya Namaskar, Anulom, Vilom, Pranayama, and multiple activities. Everyone took full advantage of this and resolved to do it continuously in the future.

International Yoga Day celebrated in Maharana Mewar Public School

A yoga session was organized at Maharana Mewar Public School on International Yoga Day. Various asanas and meditation were done in this session organized on the theme of Yoga for Humanity. Along with this, the health benefits of Yoga and the importance of various asanas were told. In this session, the teachers, staff, and students of Scout Guide Club, N.C.C., and Intake Club enthusiastically participated.

International Yoga Day - Various Mudras seen in Rope Malkhambh



On the occasion of International Yoga Day, West Zone Cultural Center organized a 'yoga practice session' on Tuesday morning, in which folk artists, craftsmen, officers, and employees of the center performed various yoga activities. On this occasion, in the Darpan Auditorium, the Bal Friends of Mumbai, Maharashtra, amazed the audience with multiple yoga postures in Rope Malkhambh. Center Director Kiran Soni Gupta said that on International Day of Yoga, a yoga practice session was organized by the Center in Rural Arts Complex Shilpgram under Azadi Ka Amrit Mahotsav. In this session of about one hour, under the guidance of yoga instructor Meera Upadhyay, folk artists, craftsmen and officers, and center employees practiced different types of asanas, yoga postures, and Bhramari. Meera Upadhyay explained the physical benefits of all the activities and their practice simply and easily from the stage. The associates accompanying him on this occasion facilitated the course by performing Yoga Kriyas. After this, in the Darpan auditorium, the children's yoga group led by Uday Deshpande of Mumbai performed various yoga postures on the Rope Malkhambh. With their physical elasticity, child yogis stunned the audience by performing postures like Padmasana, Vakrasana, and Chakrasana, on a rope tied at a height in the middle of the stage.

Medical students and doctors did Yoga

Medical students and doctors performed Yoga on Tuesday at the American International Institute of Medical Sciences on International Yoga Day. Principal Dr. Vinay Joshi was also present on this occasion. Anita Paliwal, Naresh Paliwal, Arjun Sanadhya, and Ashok Taneria, trained yoga instructors from Haridwar at Patanjali Yoga Peeth in Medical College premises at 7 am on International Yoga Day, told the doctors and medical students of G.B.H. American Hospital. General Hospital the importance of Yoga. The training was given for Yoga which is helpful in a routine. A large number of staff were also present in it. Here, Shvetal Kandhari got Yoga done at G.B.H. In this, Unit Head Dushyant Shukla explained the importance of Yoga and was inspired to adopt Yoga in a routine.

International Yoga Day organized in C.P.S.

International Yoga Day was organized enthusiastically on June 21, 2022, at Central Public School, New Bhupalpura. Program Central Public School Organized on the school premises in which more than 550 students, N.C.C. Cadets, C.P.S. and N.C.C. with Rockwoods staff. Staff and ANOs of various schools and institutions. They were also present. One-hour yoga practice session in the program started with the welcome of the dignitaries.



In the program, Mr. Deepak Sharma, Director C.P.S. and Rockwoods School and Principal - Mrs. Poonam Rathore C.P.S., Principal - Mrs. Reenu Tyagi, Rockwoods High School, Principal - Mrs. Vasudha Neelmani, Rockwoods International School, All Staff Members, Col. Akhilesh Khanna, Commanding Officer 5 Raj Girls Battalion and Major Chhaya Kowal, Administrative Officer 5 Raj Girls Battalion were present. Central Public C.S. The organization of Yoga Day in the grand courtyard of the school was successful and inspirational. Finally, the program ended with Yoga Sankalp.

Yoga Day celebrated at Pacific University

International Yoga Day was celebrated on June 21, 2022. According to the prescribed protocol of the Ministry of AYUSH, Government of India, Yoga was practiced by Yogacharya Dr. Narendra Kumar Sanadhya. The chief guest of the program was Prof. Bhagwati Prasad Sharma, former Vice Chancellor of Gautam Buddha University and Petron Pacific Group of Institutions, and special guest Prof. KK. Dave Vice-Chancellor Pacific University registrar Sharad Kothari was present. The guests were welcomed by Dr. Khel Shankar Vyas, Director, Faculty of Education. On this occasion, all the Deans, Directors, Institution Heads, and University employees participated in the Yoga practice program. Dr. Hemant Pandya conducted the program.



Successful organization of yoga camp in Sant Gregorios

On the occasion of International Yoga Day, a Yoga camp was successfully organized for all the school's teachers and selected students of physical education under the hospitality and guidance of subject specialist Dr. Vinita Baghela in Sant Gregorios Senior Secondary School. Principal Preeti Mathur conceptualized the Yoga camp. Under the guidance of yoga guru Nirvisha Jain and Vandana Dadhich, introducing them to the various dimensions of yogasana, did yoga practice, pranayama, and meditation. While highlighting the importance of Yogasana and Pranayama in life, Vaghela called for making Yoga an integral part of life. Guests welcome the program in charge of Vidhi Prasad, Cultural Secretary Satya Bhushan Sharma, and Staff Secretary Anil Goswami. They conducted and thanked Vritika Mehta.

International Yoga Day celebrated in A-One Senior Secondary School

A program was organized on International Yoga Day on June 21, 2022, at 07.00 am today at A-One Senior Secondary School, Aay, Udaipur. On the occasion of this program, the Director of A-One School, Dr. M.L. Changwal, told me about the benefits of adopting Yoga in your life. Utsav Lal Sharma, Jyoti Khmesra, Lajwanti Kumawat, Pushpa Gandhi, Yogita Purbia, Kiran Singh, Monika Jain, Seema Nagda, Nirupama Rathod, Seema Chitoda, etc. were present in this program.

'Neerja Modi School celebrated International Yoga Day

This morning resonated with positivity when the entire staff of Neerja Modi School took part in the yoga program organized on Yoga Day on the school premises.



The school's chairman, Dr. Mahendra Sojatia, said that Yoga helps control the body, mind, and soul. It balances physical and mental discipline to calm the body and mind. Director Sakshi Sojatia herself participated in this yoga camp while awakening and encouraging all the staff members toward Yoga. Addressing everyone, he appealed to include Yoga in your daily routine and make it an essential part of your life. Principal Mrs. Shubha Govil said that Ms. Akshi Sikligar successfully conducted this program. He said all the staff members participated in this yoga camp and felt very energetic.